



**C.B.R.C. TORCH
A PUBLICATION OF THE
CENTRAL BLIND REHABILITATION BRC
EDWARD HINES JR. VA HOSPITAL**

Spring 2014



"Let it light the pathways of the blind, that their dignity may be restored."

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Mission Statement

The mission of the Blind Rehabilitation Center (BRC)is to provide high quality blind rehabilitation service through the provision of a broad range of programs. We are a CARF Accredited Program.

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following link:**

<http://www.hines.va.gov/services/blind/index.asp>

Chief's Message



**Welcome to the new
Chief of the
Central Blind
Rehabilitation Center**

**An interview with Denise Van
Koevering**

**By: Hines Blind Center Alumni and
the Torch**

A brief biography

Born Denise L. Bush on March 30, 1966 to parents Dennis and Mary Bush, Denise was the oldest child of a family of five children, three girls and two boys. The Bush family resided in Wyoming, Michigan where her father worked in Blind Rehabilitation and then in Public Administration for the State of Michigan and her mother served as homemaker. As a youngster, Denise received her education at Taft Elementary, Newhall Junior High and Wyoming Park High School. During this time, she was active in sports. She played basketball, volleyball, softball, and ran the hurdles, high jumped, long jumped and was part of relay teams in track. Her track career allowed her to run track in college.

Her undergraduate degree is in Chemistry and Biology, she received

her B.S. degree from Grand Valley State University in Allendale, Michigan. She received her Master's degree in Blind Rehabilitation, with an emphasis in Orientation and Mobility, from Western Michigan University. Denise married Tom Van Koevering in August, 1991. They are the proud parents of two active boys; Mitchell, 19, who is a freshman in college at Kalamazoo College where he also is the starting short stop for the baseball team. Luke, 14, is an 8th grader at Park Junior High where he is involved in everything and anything.

The Van Koeverings have resided in La Grange for the past 17 years. Tom works for Chicago Public Schools. Denise is the family cheerleader for her two boys in all their sports and activities.

Denise has assumed a couple of professional roles at the Central Blind Rehabilitation Center (CBRC). She was initially hired into the Orientation and Mobility department as an Orientation and Mobility Instructor. She taught Orientation and Mobility and was cross-trained in Visual Skills and Manual Skills. Later, she moved into the Polytrauma/Traumatic Brain Injury Blind Rehabilitation Outpatient Specialist (Polytrauma/TBI BROS) position. Later additional Visual Skills supervisor responsibilities were added to her position as the Polytrauma/TBI BROS. While in her role as the Polytrauma/TBI BROS,. She was an active member of the Hines

Polytrauma/TBI team which addressed the needs of Veterans who served in the current conflict and those who experienced a traumatic brain injury (TBI). Denise serves on various national committees and groups at the National Level and has done many presentations at conferences. Denise feels that her varied experiences and relationships locally and nationally will be of great benefit as she assumes her new role. Over the years, Denise has received many awards at the local and national level. Denise was selected as the new Chief of the Central Blind Rehabilitation Center on February 12, 2014 and officially assumed the role on March 21, 2014.

After working hours, Denise enjoys doing a number of things with her family including recreational activities and attending their sporting events. They do a lot of running, biking, swimming, kayaking, water skiing, and attending professional and minor league sporting events. She is also very active in her church, kid's schools and community. She and Tom have also spent many hours fixing up their home and continue to spend time updating and renovating. She was an active member for AER and served in many leadership and board positions.

A FEW INTERVIEW QUESTIONS:

TORCH: We must apologize beforehand for some of the questions we are about to ask you because we

know that these questions may be premature in light of your very recent appointment to the position of Chief of the CBRC.

TORCH: What or who had inspired you to get into Blind Rehabilitation?

DENISE: Actually, the answer goes back to my childhood. My dad graduated from Western Michigan and taught Orientation and Mobility (O&M). He actually taught at Hines as an intern. He eventually moved back to Michigan and worked in Grand Rapids, teaching O&M. So I grew up around it, had clients over to our house and attended many functions as a young volunteer. Never in a million years did I plan on going into this field. However, through the years, my dad continually encouraged me go into the field. Being the teenager and young college person, I was not going to listen to him. After changing my major in college a couple times, I graduated with a chemistry major and a biology minor. I went out to look for a job. It was the time similar to now where jobs were hard to find. I had a few offers but nothing I really wanted. So, I decided that maybe I should talk to my dad, apply to Western and become a blind rehabilitation specialist. The best decision ever!

TORCH: Now that you are Chief, what are your goals and plans to maintain the reputation of this highly acclaimed Blind Center?

DENISE: I will need to coordinate a plans with the BRC Staff and our customers for the future. We still need to address how we will be able to meet the changing and diverse needs of our Veterans. We will continue to address patient satisfaction levels by meeting the individualized patient needs as the basis of every Veteran's program. To accomplish this our staff will continue to make accurate assessments and will increase efforts to document, individualize and personalize each Veteran's program.

We will remain progressive in our Veteran training programs and continue cross training initiatives so that we will have instructors available to teach multiple areas to meet the rehabilitation demands of the Veteran. We will promote the foundational basics of blind rehabilitation and implement technology to assist with the Veteran's program.

TORCH: What do you think are the most important issues facing the Blind Center today?

DENISE: Some of the most important issues today are

- How will we continue to address the unique needs of our younger Operation Enduring Freedom/Operation Iraq Freedom/Operation New Dawn (OEF/OIF/OND) generation?
- How to continue to stay flexible with individualized work, school

and technology needs of those we serve?

- How will the Blind Center be able to maintain the quality and updated training and the amount of staff to address our current patient load and individualized needs?
- How will we be able to gain more flexibility in our staffing pattern?

The Blind Center is admitting Veterans with special needs in technology. We also are admitting many younger patients from the current conflict. Technology is a huge part of life. Almost everyone has a computer, cell phone, etc. The need to learn adaptive techniques as well as adaptive software on this technology continues to change and becomes a challenge for the staff to stay current. However, with it being part of daily life, we have adjusted our program in order to meet these needs.

The Veteran has to be an integral part of the rehabilitation process. Goals must constantly be reaffirmed and adjusted. The Veteran must constantly be aware of the "why" we are doing each one of the steps during rehabilitation.

TORCH: Denise, you have observed both Jay Whitehead and Jerry Schutter in the role as Chief, have you gained any particular insight as to their character or how your observation of them may help you as Chief?

DENISE: When I think of the level of respect and personal integrity that both Chiefs have possessed, it becomes a real challenge for me to attempt to emulate them. I want very much to continue their example by assuming a vigorous leadership role and to accomplish as much as they have accomplished.

When I first came to the Blind Center, Jay Whitehead was the Chief. Jay demonstrated great leadership qualities and embodied all that a Chief should be. He was a strong leader and was always aware of what was going on in all aspects of the program. He had a tremendous regard for the Veterans and knew that the Veterans were to be the primary focus of the program at all times. Jerry also demonstrated great leadership qualities and embodied all that a Chief should be. I was impressed by the respect he received from the Veterans. He, in turn, had established a unique level of understanding of the Veterans and the problems that they faced. I look at both of them as what I would like to be. I know I could never imitate either Jay or Jerry, or be the same type of person that they were. Just as Jay was different than Jerry in the role of Chief, the position of Chief is a role that each must personally develop. I want to ensure that the Blind Center continues to receive the respect that it has been awarded in the past and to carry on the same tradition.

CONCLUSION: The Alumni, the Blind Rehabilitation Staff, and its readers wish to congratulate Denise Van Koevering and her family on her appointment as the sixth Chief of the Central Blind Rehabilitation Center. As she assumes this responsibility may she always be aware of the traditions and the proud convictions her predecessors have established. Finally, may her name earn a place of honor among those giants; Williams, Apple, Malamazian, Whitehead and Schutter who have made all of this possible.

Staff Updates

New BRC Employees

By: Sarah Appler

The Hines BRC is happy to announce the addition of many new staff members:

Corrine Dunk has joined the Living Skills department. Corrine attended Illinois State University for her undergraduate degree and Northern Illinois University for her Master's degree in Blind Rehabilitation. She is a certified Orientation and Mobility Specialist and Vision Rehabilitation Therapist. Corrine previously worked as an O&M instructor and ADL instructor in the school system and has also worked at a behavioral treatment center.

Nathan LaForte has joined the Living Skills department. Nathan attended Northern Illinois University for both his undergraduate degree in Psychology

and his graduate degree in Blind Rehabilitation. He is a certified Orientation and Mobility Specialist and Vision Rehabilitation Therapist. Nathan previously worked at the Blind Rehab Center in Waco, Texas where he taught O&M, Computer Access training and Living Skills. Nathan served eight years in the Marine Corps.

Lauren Tremblay has joined the Living Skills department. Lauren received her undergraduate degree in Health Professions from Grand Valley State University in Allendale, Michigan and her Master's degree in Blind Rehabilitation from Western Michigan University. Lauren is a Certified Vision Rehabilitation Therapist. Lauren previously worked at the Sight Center of Northwest Ohio.

Sean Johnson has joined the Manual Skills department. Sean received both his undergraduate degree in Sociology and his graduate degree in Blind Rehabilitation from Northern Illinois University. Sean is a Certified Orientation and Mobility Specialist. Sean previously worked at the Vision Rehabilitation Services of Georgia in Atlanta.

Mike McCarthy has joined the Visual Skills department. Mike received his undergraduate degree in Human Resources from Grand Valley State University in Allendale, Michigan and his Master degree in Blind Rehabilitation from Western Michigan University. Mike is certified in three

areas of Blind Rehab including: Orientation and Mobility, Low Vision Therapy and Vision Rehabilitation Therapy.

Veteran's Rural Outreach

The Hines Blind Rehabilitation Center (BRC) is most fortunate to have been awarded funding by the Veterans Health Administration (VHA) Office of Rural Health (ORH). The funding will extend blind rehabilitation services in rural Illinois. This will be accomplished by hiring two new positions at the Hines BRC: an Outreach Coordinator and a Blind Rehabilitation Outpatient Specialist (BROS). The new BROS position has already been filled. The Outreach Coordinator position is currently under recruitment with the hope to have it filled soon.

The Outreach Coordinator will serve to educate rural Veterans and families of VA, and blind rehabilitation services. The Outreach Coordinator will identify Veterans who are currently receiving services in the VA. Those with visual impairments will be referred to their local Visual Impairment Service Team (VIST) coordinator. The BROS will collaborate closely with all of the VIST Coordinators in the Chicago area. The BROS will travel to Veterans to provide services and training to address immediate their immediate needs and goals in the Veteran's home.

The Hines BRC now have an opportunity to provide services in rural areas where blind Veterans may not be familiar with the VA, nor have services available nearby. The identified blind Veterans will receive the VA care and treatment they have earned. We are very excited for this opportunity to identify and provide blind rehabilitation services to blind Veterans who reside in the rural areas surrounding Chicago.

Diabetic Retinopathy

By: Susan Knauff



Susan Knauff

Diabetes is a disease that affects the body's ability to use and store sugar; too much sugar in the blood can lead to damage throughout the body, including the eyes. When the eyes

are affected by diabetes, it is referred to as diabetic retinopathy and causes damage to the blood vessels in the retina at the back of the eye. In the early stages of diabetic retinopathy, there may be no symptoms or merely mild vision problems. However, if left untreated, it can lead to blindness. Diabetic retinopathy can develop in any individual who has Type I or Type II diabetes. In addition, the longer a person has diabetes, and the less controlled their blood sugars are, the more likely the individual will develop diabetic retinopathy. It usually affects both eyes.

Symptoms of diabetic retinopathy can include one or more of the following:

- Seeing floaters or spots in your vision
- Blurred vision
- Having dark or empty areas in your vision
- Difficulty seeing at night or in darker settings
- Fluctuating vision
- Vision loss

Difficulty with differentiating and seeing colors

Diabetic retinopathy can be considered early or advanced (four stages all together).

Early diabetic retinopathy is broken down into three stages: mild, moderate, and severe. This type of diabetic retinopathy is called non-proliferative diabetic retinopathy (NPDR) because at this point, new blood vessels have not started growing. In NPDR, the blood vessel walls in the retina begin to weaken, resulting in bulges that protrude from the vessel walls that can sometimes leak or ooze fluid and blood into the retina.

Proliferative retinopathy: At this stage, new blood vessels are growing in the retina. These new blood vessels are fragile and abnormal, which can result in leakage. The blood vessels can grow along the retina and along the surface of the clear fluid that fills the interior of the eye. Proliferative retinopathy can develop without symptoms, but at this advanced stage there is a greater chance of vision loss.

So with these four stages of diabetic retinopathy, how does vision loss occur? As stated above, one way that vision loss occurs is due to leakage of blood into the clear fluid of the eye. This results in blurred or cloudy vision. In addition, fluid can leak into the macula, which is the part of the retina that allows for sharp, straight-ahead vision. This condition is called macular edema and can occur at any stage of diabetic retinopathy, but occurs more often as the disease progresses.

Risk factors associated with diabetic retinopathy include the following:

All people with diabetes, either type 1 or type 2 (44-45% of Americans diagnosed with diabetes have some stage of diabetic retinopathy)

- Pregnancy
- Elevated blood pressure
- Elevated cholesterol
- Uncontrolled blood sugars
- Race – Hispanic and African American individuals are at greater risk.

How is diabetic retinopathy treated?

In the first three stages of diabetic retinopathy, no treatment is necessary, unless macular edema is present. To reduce the risk of progression, people with diabetes should maintain their blood sugars, blood pressure, and cholesterol. Proliferative retinopathy is treated with laser surgery, in particular, a procedure called scatter laser surgery. This procedure helps to shrink the abnormal blood vessels. The doctor places 1000-2000 laser

burns along the periphery of the retina. This may result in the loss of some peripheral vision, but it can help preserve the remainder of the vision, especially central. Scatter treatment is not as successful if bleeding into the center of the eye has already occurred. If the bleeding is severe, then a surgical procedure called a vitrectomy may be necessary. A vitrectomy is when the vitreous fluid in the center of the eye is replaced with a salt solution, to rid the blood from the center of the eye. Because the vitreous gel is mostly water, no noticeable change is apparent between the salt solution and the original vitreous gel.

The most important thing to remember is that there are often no symptoms in the early stages of the disease, nor is there any pain. The last stage of diabetic retinopathy, proliferative retinopathy, can develop without symptoms; macular edema can develop without symptoms at any of the four stages; and one can develop both proliferative retinopathy and macular edema and still see fine, but an individual is at high risk for vision loss. Do not wait for symptoms before caring for your eye health. Any individual with diabetes should be proactive in getting regular eye exams and controlling their blood sugars to ensure that no damage is being done even if symptoms are not present. The American Optometric Association recommends that individuals with diabetes get a dilated, comprehensive eye examination every year. Early detection can decrease the chances

of a more significant vision loss. If an individual has already lost some vision due to diabetic retinopathy, they can be referred for low vision services by their eye care specialist and be trained with devices that may help them use their remaining vision as best as possible.

To search on-line for additional information, the following are sources used for this article:

National Eye Institute

<http://www.nei.nih.gov/health/diabetic/retinopathy.asp>

The Mayo Clinic

<http://www.mayoclinic.org/diseases-conditions/diabetic-retinopathy>

The American Optometric Association

<http://www.aoa.org/patients-and-public/eye-and-vision-problems/diabetic-retinopathy>

BRC Recreational Activities and Outings



By Melissa
Winter

The Veterans at
the Hines Blind
Center continue
to be active
indoors and

outdoors, despite the snowy and frigid
weather we had been having this

winter. We have made our way up to Wisconsin to the tackle the ski slopes at Wilmot Mountain. With the assistance of the volunteers from Adaptive Adventures, we were able to teach seven veterans the basics of skiing and were able to get them down the bunny hill with the assistance of guides. We continue to go horseback riding, tie flies for fly-fishing, learn ballroom dances, and jump in the pool for water aerobics.

Our summer activities are just around the corner. The Veterans will once again have opportunities to participate in tandem biking, golf, kayaking, swimming, and boat tours down the Chicago River.

The National Veterans TEE

Tournament will be held September 8-12, 2014. A location has not been announced yet, but hopefully will be in the near future. The applications were mailed to past participants in late February. If you need an application contact your VIST coordinator. Also, get those applications in as soon as you can! Many Veterans were turned away last year. Be sure to your application is submitted early to help your chances of being accepted

There is an App for That

By: Chuck
Brancheau



Check out two apps for your iPad or iPhone that are available at the App Store. All Access is fully accessible with Voiceover. Using location services, you are able to locate restaurants nearby, read the menu with Voiceover, and get directions to various establishments.

BARD Mobile is the new App for the iPhone and iPad that allows you to download talking books from the National Library Service right to your device. It features an easy interface and is fully accessible with Voiceover. See the information and link to the Apps below.

AllAccess + LogoLauncher
Search or scan a logo using our Logo Launcher technology to instantly access talking menus, discounts, directions & more from nearby businesses. All Access is great for everyone, but is ideal for Blind, Low-Vision, Deaf, Hard of Hearing, Non-Verbal and Non-English speaking users. Menus and other options can be read aloud, using Apple's VoiceOver or our own high quality TTS (Text-To-Speech) by turning Talking Hints ON in the app's settings. You can 'build your order' and have it spoken aloud to the wait staff! This is great if you are deaf, hard of hearing, Non-Verbal or not a native English speaker. [All Access App](#)

BARD Mobile

A service of the National Library Service for the Blind and Physically Handicapped (NLS), Library of Congress The BARD Mobile app provides access to braille and talking books directly from the NLS Braille and Audio Reading Download (BARD). With BARD Mobile, you can play the audio materials on your iPhone, iPad, or iPod Touch. If your device is connected to a refreshable braille display through Bluetooth, you can also read the braille materials available on BARD. Before you can use this BARD Mobile app, you must be registered with a braille and talking book library in the NLS network of cooperating libraries.

[BARD Mobile App](#)

Loss of an O&M Pioneer, Raymond F Brooks, Orientation and Mobility Specialist



Ray Brooks passed away on January 17, 2014 at the age of 94. He died while on vacation in Lido Key, Florida, while enjoying dinner with his family. He was the beloved husband and best friend of Gala Saber Brooks.

Ray graduated from American College of Physical Education, which became part of DePaul's College of Education. He enjoyed years of sports officiating at the elementary and high school level. He was a champion swimmer and was a life guard at Oak Street Beach. Ray, a WWII Army Air Corps veteran, retired in 1980 following 38 years of service to the blinded veterans at the Blind Rehabilitation Center at Hines Hospital.

He was an Orientation and Mobility Specialist who developed a reputation as a caring, but stern taskmaster. He was one of the pioneers in the development of this field, which started at the end of WWII, which taught blinded veterans to travel independently with the use of a long cane. He was one of 15 Orientors hired during the 2nd wave of those added to the original staff at the Blind Center in 1951.

Ray married Gala Saber, retired Orientation and Mobility supervisor and Assistant Chief, in 1984 and he always supported her active involvement in the profession and with her leadership on many committees within the Association for the Education and Rehabilitation of the Blind and Visually Impaired, AER. The many Veterans he taught as well as staff members will fondly remember Ray. He and Gala hosted yearly dinners at their home for the

“old timers bunch” a group of retired and former staff of the Blind Center.

Support Conference Calls

Did you know that we sponsor monthly support calls for computers, GPS and Apple iPhone and iPad? Although we sponsor the calls, Hines Blind Center alumni run it. Special thanks to Rick Olson, Kevin Jackson, and Terry Kebbel for running the calls. The support calls are a great way to share information and ask questions.

The computer call takes place the first Thursday of every month at 10 a.m. CST and the GPS Trekker/Apple iPhone and iPad calls take place on the first Tuesday of every month a.m. CST.. The call in number is the same for both calls; 1-800-767-1750. Use the activation code 44125.

Mary Janka

By: Jamie Ogarek

Mary Janka, our longtime volunteer

passed at the age of 94 in February. She started volunteering at Hines in different service departments in 1947 with her husband, Ed. It was only recently that she was unable to offer her time, due to medical issues.

Mary assisted as a representative of the AMVETS Auxiliary. She was



president of the AMVETS Auxiliary Division 1 and Treasurer for the Department of Illinois AMVETS Auxiliary. In the last year, Mary recently received the Honorary Deputy Award for her many years of dedication.

In 1984 when her husband died, she devoted most of her time to the Blind Rehabilitation Center. Because she did not drive and was so dedicated to our Veterans, she took two buses and the EL for transportation to the Hines site. She put in over 7,892 documented hours and worked many more that were not recognized. She was especially passionate for the Blind Rehabilitation Center and entertained the vets with dinner and bingo; this was addition to other needed tasks around the Center. She will be fondly remembered for her colorful stories.

We will miss Mary for our Veterans. One of our favorite memories of her is her love for Dove bite-size dark chocolate candies that she would bring in weekly and share with everyone. We are fortunate to have such committed volunteers, like Mary Janka, who make our jobs run more efficiently to provide the best service for our Veterans.

What is your next adventure?

By: Jamie Ogarek



This is the question that has shaped the

life of 89-year old World War II Navy Veteran, Warren Heyer. This Veteran has lived through many modern changes. He grew up on a farm with no electricity, plumbing, or telephone. His family traveled once a week to town to retrieve mail. He even rode a pony for transportation to school.

In an ever-changing world, Mr. Heyer has reinvented himself many times to support his family. Upon returning from his two years of service, he began his first career as a farmer while remaining active (eight years) in the Reserves. To improve his family life, he attended college in his thirties and became an accountant. When he started working in the business world, he used his knowledge of accounting to parlay into a sales position, which generated business with the farmers. Through the years, he encountered some unexpected life events that led to despair with personal issues and work. He switched playing fields by working in the real estate business.

I first met Mr. Heyer during his first week at the Hines Blind Rehabilitation Center. Initially, he was not too thrilled to be there. After a week of training, his demeanor softened and he really began to explore his options as a person with a visual impairment. This World War II Veteran did well in all skill areas and even created an intricate segmented bowl on the wood lathe in the Manual Skills area. At that time, he felt he could not devote his time to computer training and decided it was best to return.

Indeed, he did return to Hines later and concentrated his time learning how to operate a computer using Guide adaptive software program. Using a computer is a skill he never thought he would be able to learn. In addition, he decided to challenge himself during his second program by creating a lamp on the wood lathe. This was to prove a point to his independent living housing comrades and doctor friend that a person with a visual impairment can work safely and independently in a woodshop.

Mr. Heyer has recently transitioned into a new home living environment and has made new friends, but that doesn't mean he has to give up his hobbies and lifestyle. Just like the ocean has many currents, so does life. The question is how will you handle the wave the ocean gives you? Will you ride the unknown like Mr. Heyer has throughout his life and ride to the best of your ability? What is your choice? We can help.

Veteran Contributions

Veterans Such as These

By: Bill Kretz

The sun is shining brightly,
And our flag waves in the breeze.
We all enjoy our freedoms,
Due to veterans such as these.

They answered their Country's call,
And never did question why.

They came home whole or wounded,
While others had to die.

They came from all walks of life,
And travelled the Seven Seas.
We all share in the freedoms,
Earned by veterans such as these.

To real warriors they went,
In the twinkling of an eye.
To preserve all of our rights,
Be it on land, sea or sky.

In the heat of the summer,
Or in winter's icy freeze;
We are all safe and secure,
Due to veterans such as these.

"In God we trust" our motto,
They believed it from day one;
And stood shoulder to shoulder,
Until victory was won.

So each day we ask our God,
With bowed heads and knees,
To bless us in the future
With more veterans such as these.

This was written to honor fallen comrades from WW II and Korea. Since then, women have been added to the fighting forces. So the line "Because of such men as these" can be changed to "due to veterans such as these".

This copy written poem is published with the permission of the author.

The Bench Outside the Church

By: Louis Clarizio

That Sunday morning in November
Was unseasonably warm
Departing the church, I decided
To sit on the bench outside the church
Sitting, I could feel the sun warming
me
A honey locust stood nearby
The filigree of leaves
Seemed to turn color before my eyes
From green to yellow
Cascading to the ground below
As I sat on the bench outside the
church
The Lord's love I came to seek I found
that day
As I sat on the bench at the church
called Willow Creek

InSights4Vets

inSight4Vets is a unique thank you gift for United States veterans who are now blind or visually impaired. This gift comes in the form of a solar-powered audiobooks player, filled with stories of interest to blinded veterans. inSight4Vets is a token of appreciation that will offer hope, encouragement, and inspiration. For more information about inSight4Vets, please visit www.inSight4Vets.org or contact. Jeri Lyn Rogge
Assistant to the President for Development
Christian Record Services for the Blind
402-488-0981 X213

Congratulations Creative Arts Festival Winners



Congratulations to Eugene Sheridan (pictured) and John Mendelak, two of the Blind Center alumni, who won awards for their contributions to

the Hines Creative Arts festival. The festival was held on March 19, 2014. Eugene won for his leather iPhone case and John won for his creative writing (short story). For more information on the national creative arts festival in your area go to:

<http://www.va.gov/opa/speceven/caf/index.asp>



C.B.R.C. TORCH



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**FREE MATTER FOR THE BLIND
& PHYSICALLY HANDICAPPED
POSTAL MANUAL PART 135**